Infant Menu Planner – Birth to 12 Months



CYCLE 1 WEEK 1

Center Name:	Week of: <u>JUNE 02nd - JUNE 06th 2025</u>
Please note: Babies should be fed when they are hungr	y and not restricted to a rigid schedule.

Meal Pattern	Minimum Requirements		Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal or		0-4 Tbsp.					
Meat/poultry/egg/fish/cooked dry peas/beans or	3 .7	0-4 Tbsp.	D 1 D'	Baby		Baby Oatmeal	Baby Rice Cereal
Cheese or	None	0-2 oz.	Baby Rice Cereal	Oatmeal Cereal	Yogurt		
Cottage cheese or		0-4 oz	Cerear	Cerear		Cereal	Cercar
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Pears	Sweet Potatoes	Banana	Peas	Peaches
				1			
SNACK—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	2-4 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal or		0-4 Tbsp.					
Bread or	None	0 - ½ slice	- Cheerios	Animal	Teething	Infant	Infant Puffs
Crackers or	None	0-2	Cheerios	Crackers	Biscuits	Crackers	iniant Pulls
Ready-to-eat breakfast cereal		0-4 Tbsp.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Pears	Peaches	Banana	Applesauce
LUNCH/SUPPER—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal or		0-4 Tbsp.					
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.	Bany Hirkey I	Baby Roast		Baby Turkey	Baby Roast Beef
Cheese or	None	0-2 oz.		Beef	Baby Chicken		
Cottage cheese or		0-4 oz		2001			
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Peas	Green Beans	Squash	Sweet Potatoes	Carrots

^{*} Solid food components are required only when the infant is developmentally ready to accept them.

^{**}Juices may **not** be served in place of fruit/vegetable requirement

Infant Menu Planner – Birth to 12 Months



CYCLE 1 WEEK 2

Center Name:	Week of: <u>JUNE 09th - MAY 13th, 2025</u>

<u>Please note</u>: Babies should be fed when they are hungry and not restricted to a rigid schedule.

Meal Pattern	Minimum	Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal or		0-4 Tbsp.					Baby Oatmeal
Meat/poultry/egg/fish/cooked dry peas/beans or	Nama	0-4 Tbsp.	Baby	Baby Rice	D.1. O 1	Baby Rice Cereal	
Cheese or	None	0-2 oz.	Oatmeal	Cereal	Baby Oatmeal Cereal		
Cottage cheese or		0-4 oz	Cereal		Cerear		Cereal
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Peaches	Peas	Banana	Pears	Green Beans
						•	
SNACK—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	2-4 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal or		0-4 Tbsp.					
Bread or	None	0 - ½ slice	Teething Biscuits	Infant Crackers	Infant Puffs	Infant Crackers	Infant Crackers
Crackers or	None	0-2					
Ready-to-eat breakfast cereal		0-4 Tbsp.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Applesauce	Pears	Peaches	Banana	Applesauce
						•	
LUNCH/SUPPER—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal or		0-4 Tbsp.					
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.	7	D 1	Baby Roast Beef	Baby Chicken	Baby Turkey
Cheese or	None	0-2 oz.	Baby Chicken	Baby Turkey			
Cottage cheese or		0-4 oz					
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Green Beans	Squash	Carrots	Peas	Sweet Potatoes

^{*} Solid food components are required only when the infant is developmentally ready to accept them.

^{**}Juices may **not** be served in place of fruit/vegetable requirement

Infant Menu Planner – Birth to 12 Months



CYCLE 1 WEEK 3

Center Name:		Week of: JUNE 16th	1 - JUNE 20th,	2025
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<u>Please note</u>: Babies should be fed when they are hungry and not restricted to a rigid schedule.

Meal Pattern	Minimum Requirements		Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal or		0-4 Tbsp.				Baby Rice Cereal	Baby Oatmeal Cereal
Meat/poultry/egg/fish/cooked dry peas/beans or	None	0-4 Tbsp.	Baby	Baby Rice	Baby Oatmeal		
Cheese or		0-2 oz.	Oatmeal Cereal	Cereal	Cereal		
Cottage cheese or		0-4 oz	Cerear			Cerear	Celeal
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Pears	Peaches	Sweet Potatoes	Banana	Apricot
SNACK—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	2-4 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal or		0-4 Tbsp.	Infant Puffs	Infant Crackers	Teething Biscuits	Infant Puffs	Teething Biscuits
Bread or	3 . T	0 - ½ slice					
Crackers or	None	0-2					
Ready-to-eat breakfast cereal		0-4 Tbsp.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Apricot	Pears	Peaches	Applesauce
LUNCH/SUPPER—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal or		0-4 Tbsp.					Baby Chicken
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.		D.1		Baby Turkey	
Cheese or	None	0-2 oz.	Baby Beef	Baby Turkey	Baby Chicken		
Cottage cheese or		0-4 oz		Turkey	,		
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Peas	Carrots	Green Beans	Sweet Potatoes	Peaches

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^{**}Juices may **not** be served in place of fruit/vegetable requirement

Infant Menu Planner – Birth to 12 Months



CYCLE 1 WEEK 4

Center Name:	Week of:	JUNE 23rd - JUN	E 27th, 2025

Please note: Babies should be fed when they are hungry and not restricted to a rigid schedule.

Meal Pattern	Minimum	Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal or	None	0-4 Tbsp.				Baby Oatmeal Cereal	Baby Rice Cereal
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.	D 1 D.	Baby			
Cheese or		0-2 oz.	Baby Rice Cereal	Oatmeal Cereal	Baby Rice Cereal		
Cottage cheese or		0-4 oz	Cercar	Cercar	Cercar	Cercar	
Yogurt		0-4 oz.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Banana	Apricots	Sweet Potatoes	Peaches	Pears
		•	•				
SNACK—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	2-4 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal or		0-4 Tbsp.					
Bread or	None	0 - ½ slice	Teething Biscuits	Infant Puffs	Teething Biscuits	Infant Crackers	Infant Puffs
Crackers or	None	0-2					
Ready-to-eat breakfast cereal		0-4 Tbsp.					
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Applesauce	Banana	Peaches	Pears	Apricot
LUNCH/SUPPER—3 COMPONENTS	0-5 mo.	6-12 mo.*					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or infant formula				
2. Iron fortified infant cereal or		0-4 Tbsp.			Baby Chicken	Baby Roast Beef	Baby Chicken
Meat/poultry/egg/fish/cooked dry peas/beans or		0-4 Tbsp.	Baby	Baby Roast Beef			
Cheese or	None	0-2 oz.	Chicken				
Cottage cheese or		0-4 oz					
Yogurt		0-4 oz.	G t				
3. Vegetable and/or fruit**	None	0-2 Tbsp.	Sweet Potatoes	Squash	Peas	Carrots	Green Beans

^{*} Solid food components are required only when the infant is developmentally ready to accept them.

^{**}Juices may **not** be served in place of fruit/vegetable requirement